

SUICIDE PREVENTION DSHS



BY: JENNA HEISE MA, NCC, BC-DMT

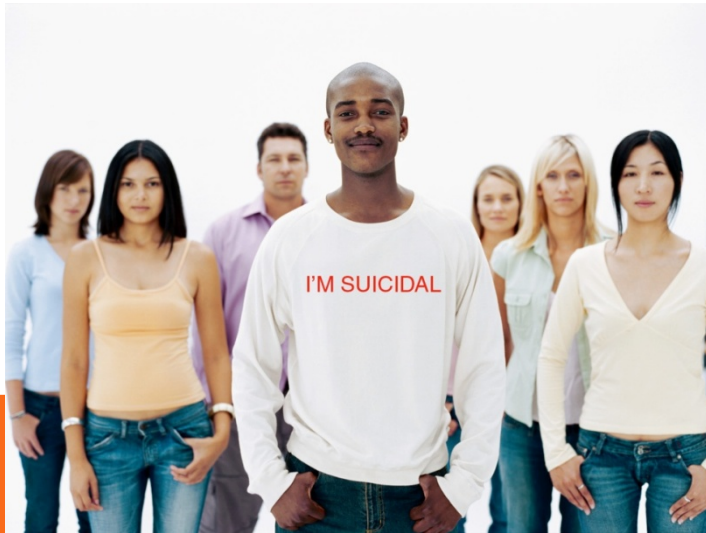
ACCREDITED, AMERICAN
ASSOCIATION OF SUICIDOLOGY

SUICIDE PREVENTION COORDINATOR

MENTAL HEALTH & SUBSTANCE ABUSE

MAGNITUDE OF SUICIDE DEATHS

In Texas we average
7 deaths by suicide
a day



Close to 34,000
people die by
suicide
each year in the
United States



WHAT DO WE KNOW ABOUT SUICIDE IN TEXAS...

Number of deaths in Texas:

- 2,433 suicide deaths in 2007 and 2,618 in 2008
- 1½ times more suicides than homicides
- 2nd leading cause of death among young adults (25-34 years)
- 3rd leading cause of death of teens and college aged youth (15-24 years)
- Although there is no one cause, 90% of those who die by suicide have an underlying mental health or substance abuse condition. It effects nearly 20% of those with bipolar disorder and 15% of those with schizophrenia.

Leading Cause Death, Texas 2007

Rank	Age Groups										All Ages
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 589	Unintentional Injury 192	Unintentional Injury 98	Unintentional Injury 111	Unintentional Injury 1,361	Unintentional Injury 1,245	Unintentional Injury 1,300	Malignant Neoplasms 3,632	Malignant Neoplasms 6,958	Heart Disease 29,783	Heart Disease 38,912
2	Short Gestation 327	Congenital Anomalies 58	Malignant Neoplasms 46	Malignant Neoplasms 41	Homicide 400	Suicide 424	Malignant Neoplasms 1,034	Heart Disease 2,850	Heart Disease 4,988	Malignant Neoplasms 22,883	Malignant Neoplasms 35,074
3	SIDS 259	Homicide 45	Congenital Anomalies 25	Homicide 17	Suicide 353	Homicide 416	Heart Disease 899	Unintentional Injury 1,508	Diabetes Mellitus 970	Cerebrovascular 8,087	Cerebrovascular 9,796
4	Maternal Pregnancy Comp. 115	Malignant Neoplasms 29	Homicide 11	Suicide 12	Malignant Neoplasms 155	Malignant Neoplasms 288	Suicide 471	Liver Disease 747	Unintentional Injury 924	Chronic Low. Respiratory Disease 6,842	Unintentional Injury 9,392
5	Two Tied 88	Heart Disease 14	Heart Disease 9	Heart Disease 9	Heart Disease 92	Heart Disease 252	HIV 358	Suicide 524	Cerebrovascular 916	Alzheimer's Disease 4,758	Chronic Low. Respiratory Disease 8,107

GENDER/ ETHNICITY & CULTURAL DATA

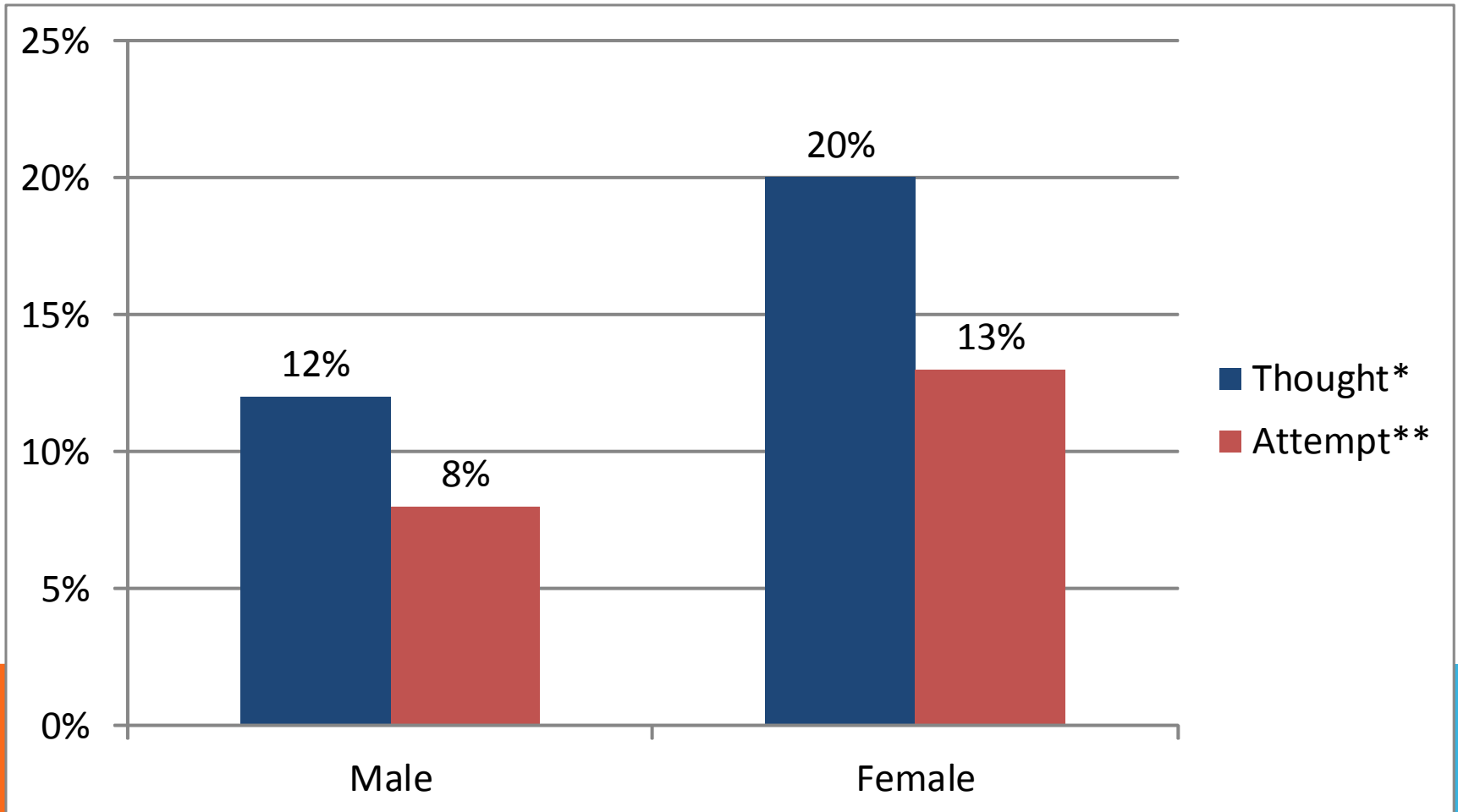
DIFFERENCES IN SUICIDE DEATHS

- **Gender**: Across all ages, more males die by suicide and more females attempt suicide
- **Ethnicity/Culture**: For youth, the highest self-reported attempts in the U.S. is among Latina female teens and the highest death rate for both teens and adults is for White males. Note: recent years have seen some death rate increases for young African American males.

Note: African American females have tended to have some of the lowest suicide death rates through the years...Why? Assume-Protective factors

(Data from suicidology.org, WISQARS, and Texas DSHS searchable database
<http://soupfin.tdh.state.tx.us/cgi-bin/death>)

HIGH SCHOOL STUDENTS REPORT OF SUICIDAL BEHAVIOR BY SEX, TEXAS 2011



Source: Youth Risk Behavior Survey, 2011

YOUTH RISK BEHAVIOR SURVEY (YRBS) - 2011

TEXAS PUBLIC HIGH SCHOOL STUDENTS

Statistically significant data increase in suicide attempts from 2009 to 2011

2009: Estimated prevalence of suicide attempts = 7.4%

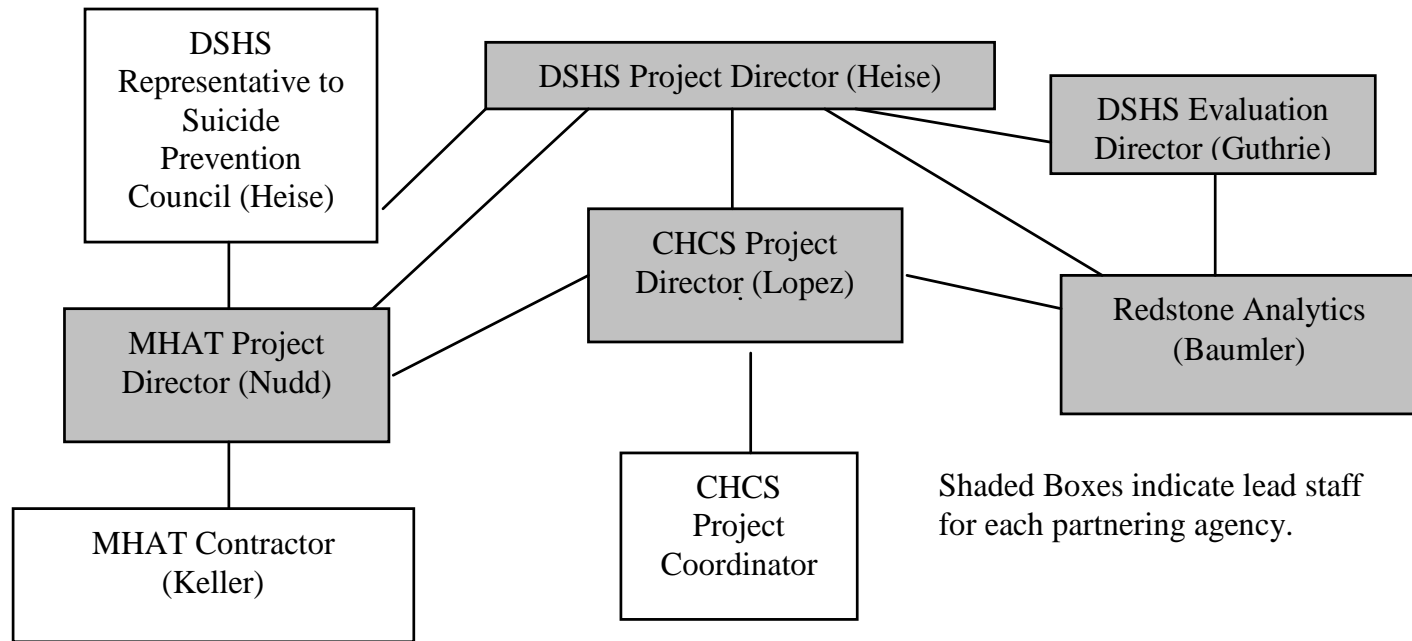
2011: Increase in estimated prevalence of suicide attempts = 10.8%

YRBS 2011 SUICIDE ATTEMPT DATA HIGH SCHOOL with 2,171 STUDENTS

- **634 students are depressed**
- 343 are considering suicide
- **287 students are likely making plans to kill themselves**
- 234 students are likely attempting suicide
- **76 students are likely hurting themselves so badly they need medical attention**

SOURCE: Using 2010-2011 AEIS data from
<http://ritter.tea.state.tx.us/perfreport/aeis/2010/campus.srch.html>

TEXAS YOUTH SUICIDE PREVENTION PROJECT (TYSP)



TYSP INFO – MENTAL HEALTH AMERICA TEXAS

Training

Gatekeeper

Train the Trainer

Postvention

Kognito online training for teachers (Title V)

Suicide Prevention Council

Infrastructure

28 Coalitions

Texas State SP Plan

Policy issues

Technical Assistance

Public Awareness

Bilingual brochures

PSAs

Prevention & Postvention toolkits

iPHONE & Android Apps

Symposium (Title V)

Youth Videos (Title V)

TYSP & CENTER FOR HEALTH CARE SERVICES SCREENING PROGRAM

Screening with military
dependent children at
Brooke Army Medical Base

109 screened positive (approximately 25%)

44 participants received services

(approximately 40% of 109)

50 participants took no action

15 participants were unable to be contacted

TITLE V & SUICIDE PREVENTION

Sam B. Cooper III, LMSW-IPR

Director, Office of Title V & Family Health
Texas Department of State Health Services

Main: 512-776-7373

Direct: 512-776-2184

MHSA & TITLE V – WORKING TOGETHER

Title V Maternal and Child Health Block Grant

- 18 National Performance Measures
- 7 State Performance Measures

NPM 16 – Reduce the rate of suicide among 15 to 19 year olds

- Activities reported include
 - Texas Youth Suicide Prevention (TYSP) Grant
 - Child Fatality Review Team (CFRT)
 - Regional Maternal and Child Health Staff
 - Education Service Center School Health Specialists



MHSA & TITLE V – WORKING TOGETHER

Title V provided funding opportunities for one-time projects

- Partner with DSHS programs with shared goals related to
 - women and infants
 - children and adolescents
 - children and youth with special health care needs
- Projects were to be short-term

Suicide Prevention received funding for

- Suicide Prevention Symposium
- Kognito training for teachers
- True Stories of Hope and Help Videos for Youth



MHSA & TITLE V – WORKING TOGETHER

Youth Video High Visibility

- Alamo Drafthouse Video Premier Party - over 100 people attended panel discussion with video producers, Title V, MHSA staff & youth from videos
- Suicide Prevention Resource Center Director & Substance Abuse and Mental Health Services Administration staff talk about the videos at the White House
- Highlighted on National Websites homepage
 - National Suicide Prevention Lifeline www.suicidepreventionlifeline.org
 - Texas Suicide Prevention Website www.TexasSuicidePrevention.org
 - Already have over 11,000 hits on U tube – going viral!



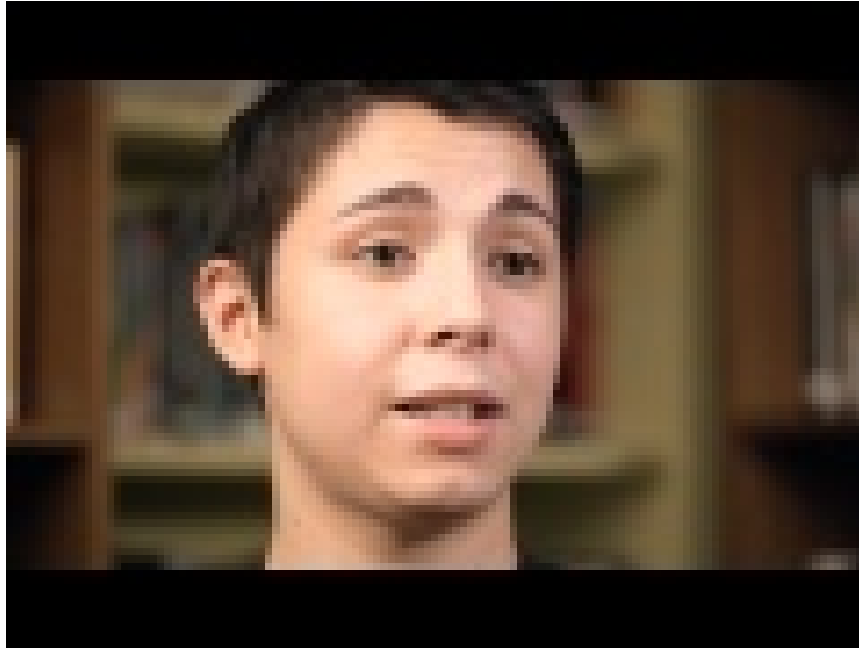
IN THEIR OWN WORDS: YOUTH VIDEOS

WATCH THESE YOUTH DOING THE RIGHT THING &
TALKING ABOUT IT IN THEIR OWN WORDS TO SAVE LIVES



KURT'S STORY

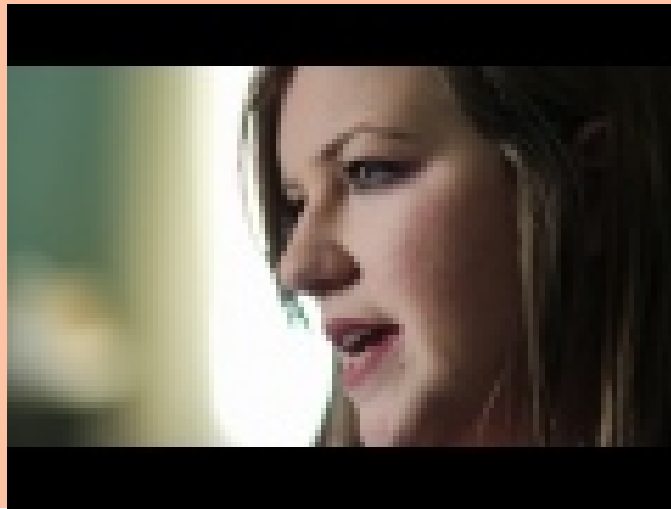
<http://www.youtube.com/watch?v=ut50YItRDZ8&feature=relmfu>



MAGGIE'S STORY

<http://www.youtube.com/watch?v=F9-QWm1vgRA&feature=relmfu>

Ribbons of Hope



FOR MORE INFORMATION

TexasSuicidePrevention.org

Jenna Heise

512-776-3407

Jenna.heise@dshs.state.tx.us

Sam Cooper

512-776-2184

Sam.Cooper@dshs.state.tx.us

QUESTIONS?

